

**United States Department of the Interior
BUREAU OF LAND MANAGEMENT
National Human Resources Management Center
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In Reply Refer To:
1400-713 (HR-220) N

November 7, 2001

EMS TRANSMISSION 11/07/2001
Information Bulletin No. HR-2002-022

To: HR, BC, NI, ST, and NCS-WO, All Employees

From: Director, National Human Resource Management Center

Subject: Prolonged Terrorism, Stress, and the Management of Stress

September 11th has changed the lives of all Americans. In the two months since September 11th, we have dealt with many changes in our lives, such as the loss of thousands of citizens; prolonged terrorism; knowing that there is a “new normal” that has yet to be defined; and “no closure” to the tragic events of that day. These changes in our lives may not have directly impacted us, but have, none-the-less, affected us. For many of us, that effect has been added and unexplained stress in our lives.

On **Wednesday, November 14, 2001, from 9:00 a.m. to 10:00 a.m.**, Barbara Engomon, an EAP Counselor, will be in the **West Conference Room** to discuss with you the effects of September 11th. She will discuss the effects of prolonged terrorism, the effects of the “undefined new normal,” and the effects of a sense of “no closure” to these events. Additionally, you will learn about the stress caused by the ongoing events in our country, stress’ manifestation, predictable stages or symptoms of stress, and some helpful coping skills to deal with that stress. This training is open to all employees working in the Denver National Centers. So please come join us!

If you have any questions, please contact Teresa Milner at (303) 236-0697 or by e-mail.

Signed by:
Linda Sedbrook
Director, NHRMC

Authenticated by:
Luron Porter
Staff Assistant

1 Attachment
1 – Training Flier
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Prolonged Terrorism,
Stress,
And
The Management of Stress

By:
Barbara Engomon,
EAP Counselor

Wednesday, November 14, 2001
9:00 a.m. to 10:00 a.m.
West Conference Room
Bldg. # 50